








# Panhandle Health District 2008 Annual Report



**July Grand Opening of Panhandle Health District's new St. Maries office**

## Board of Health

Shoshone	Bonner	Kootenai	Benewah	Kootenai	Boundary	Bonner
						
<b>Sharon Connors</b>	<b>Dale Van Stone</b>	<b>Dr. Richard McLandress</b>	<b>Chairman Marlow Thompson</b>	<b>Chris Beck Vice Chairman</b>	<b>Walt Kirby</b>	<b>Allen Banks, Ph.D</b>

## Mission

*To prevent disease, disability and premature death; to promote healthy lifestyles ; and to protect the health and quality of the environment.*

## 2009 County Commissioners

<b>Benewah County</b> Chairman Jack Buell Bud McCall Terry Doupe'	<b>Bonner County</b> Chairman Lewis Rich Joe Young Cornel Rasor	<b>Boundary County</b> Chairman Ron Smith Dan Dinning Walt Kirby	<b>Kootenai County</b> Chairman Rick Currie Rich Piazza Todd Tondee	<b>Shoshone County</b> Chairman Jon Cantamessa Vern Hanson Vince Rinaldi
--	--	---	--	---

# A Role Model



**Jeanne Bock**  
Director

**Northern Idaho's public** benefited from several important public health accomplishments in 2008.

- PHD-regulated protection of clean soil and protective barriers in Shoshone County expanded from the Bunker Hill Box to the Coeur d'Alene Basin, ensuring more careful handling and proper disposal of contaminated soil.
- PHD expanded the specialized environmental health team that implements the management of critical materials—chemicals, paint, oil, fuel—used over the Rathdrum Prairie Aquifer, resulting in routine biennial inspections.
- Participation in Fit and Fall Proof classes designed to prevent falls by strengthening seniors continued to mushroom, resulting in a healthier senior population in northern Idaho.
- PHD's Home Health program won its fourth consecutive national award for exceeding patient expectations in home health care.
- PHD opened a new, larger office in St. Maries, enabling us to meet client needs more efficiently and effectively.

The poor economic outlook for 2009 will translate into full waiting rooms at PHD offices. Job losses result in lack of health insurance or means to pay private providers. PHD is not primary care, but it provides preventive care that lowers the risk of illnesses, strokes, chronic disease, even heart attacks. It provides family planning and nutrition counseling, smoking cessation and senior fitness—programs that create healthier people and healthier communities.

Prevention already is a key factor linked to health care reform. PHD is prepared to serve as a model as the nation works to improve its health care system. Our greatest strength is our professional staff—experienced, dedicated and determined to keep the public healthy. We enter 2009 as part of the health care solution and encourage you to join us.

## Public Health Team



### **Mary DeTienne, Director Home Health**

- Home Health Care - skilled care for homebound
- Senior Companions - volunteers helping frail seniors with chores and more



### **Jim Fenton, Fiscal Director**

- Financial Management
- Purchasing
- Contract and Risk Management



### **Lora Whalen, Director Family and Community Health**

- **Clinical Services** - Family planning, STD Testing and Education, Women's Health Check, Susan G. Komen Breast Cancer Screening, Infertility Prevention Project, Pregnancy Testing
- **Epidemiology** - Communicable Disease and Food-borne Illness Epidemiology; Disease Surveillance; Tuberculosis Control; HIV/STD Epidemiology and Partner Notification; Health Alert Network
- **Immunizations** - Childhood and Adult Immunizations, International Travel Immunizations, Immunization Registry
- **Family Services** - Child Find, Helping Hands Medical Access
- **Women, Infants and Children (WIC)** - Nutrition Education, Supplemental Foods Program
- **Health Promotion** - Diabetes Awareness, Idaho Physical Activity and Nutrition Program, Injury Prevention, Tobacco Prevention and Education, Asthma Prevention and Control



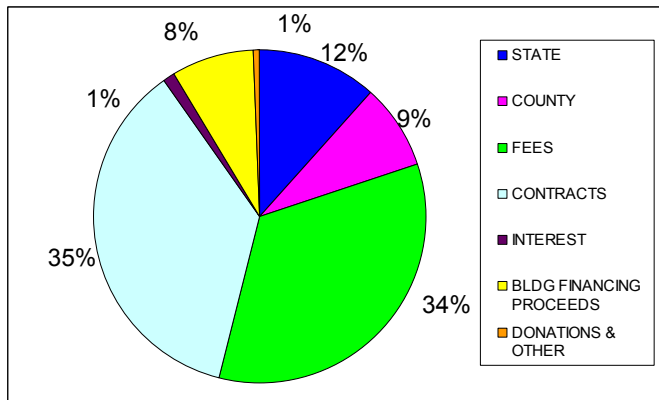
### **Dale Peck, Director of Environmental, Response and Technology**

- **Environmental** - Food inspection and Permits. Sewage and Solid Waste, Indoor Air Quality, Public Pools, Public Water Systems, Land Development, Child Care Inspection
- **Information Technology** - Information Systems, Telecommunications, Applications Support and Training
- **Preparedness** - Preparedness Planning, Readiness Assessment, Public Information, Training and Exercises

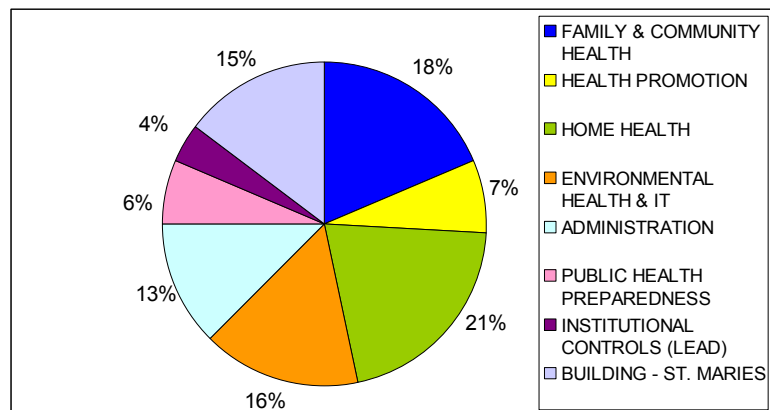
# Finances

## 2008 Actual Revenue

State	\$ 1,389,300	12%
County	1,031,703	9%
Fees	4,068,942	34%
Contracts	4,379,997	35%
Interest	136,385	1%
Bldg Financing Proceeds	974,572	8%
Donations & Other	64,233	1%
<b>Total</b>	<b>\$12,045,132</b>	<b>100%</b>



## 2008 Actual Expenditures



Family and Community Health	\$ 2,359,696	18%	Personnel	\$ 7,544,039	59%
Health Promotion	954,678	7%	Operating	3,107,615	24%
Home Health	2,649,613	21%	Capital	2,117,412	17%
Environmental Health & IT	2,029,044	16%			
Administration	1,601,479	13%			
Public Health Preparedness	804,879	6%			
Institutional Controls (Lead)	483,037	4%			
Building - St. Maries	1,886,640	15%			
<b>Total</b>	<b>\$12,769,066</b>	<b>100%</b>	<b>Total</b>	<b>\$12,769,066</b>	<b>100%</b>

# Protecting Public Health

## How PHD monitored health status and understood health issues in 2008

**PHD screened** 391 people for breast and/or cervical cancer through the Coeur d'Alene Affiliate of the Susan G. Komen Foundation. PHD also screened 645 women through federally-funded Women's Health Check. These screenings led to 16 breast cancer and 4 cervical cancer diagnoses.

*"I try to talk to everyone, tell them to go to Panhandle Health, get screened. That program is just wonderful. It helped me save my life."*

**Kristine Deem, breast cancer patient**



**PHD's Home Health** division earned its fourth consecutive national award for exceeding patient expectations for quality of care, reliability and personalized service. Avatar International Inc., a leading consulting and research firm that surveys patient satisfaction in health care, bestowed only 29 similar awards nationwide. Panhandle Home Health has provided doctor-ordered, skilled medical care to homebound patients in the five northern counties since 1966. It was the only northern Idaho home health program Avatar honored.

## How PHD protected people from health problems and health hazards



Board of Health Vice Chairman Chris Beck gets his annual flu shot.

### PHD:

- ◆ Vaccinated 9,569 children and adults to protect them and others from preventable diseases.
- ◆ Protected 3,325 people in the five northern counties against the annual flu with shots of flu vaccine.

Heavy snows melted into spring floods and littered northern Idaho waterways with fuel and debris that threatened the public's health. PHD worked with the Idaho Department of Environmental Quality to monitor water quality and advised the public on how to prevent contamination and stay healthy during the cleanup.



Late summer blue-green algae blooms appeared on several northern Idaho lakes, threatening health with their potential to produce toxins. Animals, particularly, were at risk. PHD worked with the Idaho Department of Environmental Quality to monitor the problem and inform the public how to stay safe and keep their animals safe.



# Protecting Public Health

## How PHD gave people the information they need to make healthy choices



PHD took its message to the places people go--movie theaters. PHD had the producer of **"Why Don't We Do It In Our Sleeves,"** a DVD about good cough etiquette, reduce his five-minute production to a humorous and attention-getting 30-second message. The public service message ran for eight weeks in 14 movie theaters in Coeur d'Alene over the summer. The DVD ran four times a day in each theater, reaching thousands of movie-goers of all ages with its message that people who cough into their sleeves prevent their germs from traveling through the air and infecting others.

PHD offered two free classes in chronic disease management through its **"Living Well in Idaho"** series. The class, made possible with a grant, teaches participants how to live a satisfying life with chronic problems such as allergies, fibromyalgia and even multiple sclerosis.

*"It taught me better control of my diabetes and how to reduce the amount of pain medication I take for arthritis. I lost 30 pounds and learned to take control of my chronic disease."*

A participant of **"Living Well in Idaho"**

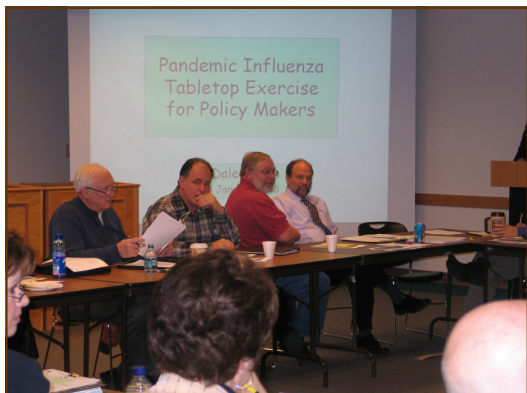
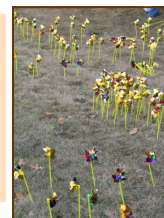
### Published in local newspapers informational articles on:

- ◆ Ways people can protect themselves from West Nile Virus, a mosquito-borne disease.
- ◆ The importance of colonoscopies in detecting and preventing colon cancer.
- ◆ How to avoid catching and/or spreading cryptosporidium, an intestinal parasite all too common at recreational water parks.
- ◆ The Tools for Schools program that helps schools correct environmental problems to reduce the risk of asthma.

## How PHD engaged the community in identifying and solving health problems

PHD launched **Child Abuse Prevention Month** in April with the planting of 1,800 colorful pinwheels and a resource fair to call attention to Idaho's commitment to preventing child abuse through education and awareness.

The fair offered information on early childhood education, guidance for new parents, programs that monitor growth and development in babies, shelter for children and nutrition.



**At PHD's invitation**, more than 50 public officials from the five northern counties convened in Coeur d'Alene to discuss how to pull communities through a pandemic flu. They tackled questions about providing services during high staff absenteeism, distributing limited supplies of vaccine and getting solid information to the public during the crisis.

The pandemic flu exercise was one of 14 exercises PHD conducted to practice various types of community response during public health emergencies.

The exercise made elected officials aware of the infrastructure breakdown pandemic flu likely will cause.

# Protecting Public Health

## How PHD enforced public health laws and regulations

**PHD's Critical Materials** program protects our aquifer through work with businesses that handle and store chemicals. In 2008:

- ◆ 19 businesses started the year with fuel sites out of compliance.
- ◆ Of those, 16 constructed containment facilities for contaminated runoff upon PHD's notice.
- ◆ One of the 19 has been permanently closed.
- ◆ PHD caused 56 commercial or industrial facilities to contain or remove 32,580 gallons of fuels, waste fluids, solvents and other chemicals to protect the Rathdrum Aquifer.
- ◆ PHD terminated or initiated treatment of 36 previously discharging non-domestic wastewater streams.



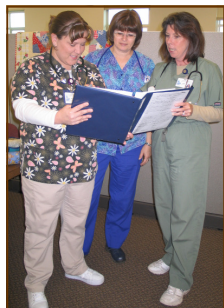
PHD completed six **wastewater enforcement** actions, resulting in correction of failing or illegal septic systems.

**PHD's Institutional Controls Program** (ICP) enforces rules and regulations set to manage barriers after cleanup from former mining operations in Shoshone County. In 2008, ICP:

- ◆ Issued 1,150 permits to excavate or grade soil beneath a clean protective barrier.
- ◆ Provided environmental information and assistance for 462 land sales or leases.
- ◆ Disposed of 19,628 cubic yards of contaminated materials.
- ◆ Trained and licensed 586 contractors whose work will disturb clean barriers

## How PHD helped people receive health services

- ◆ **PHD's Oral Health Project** received a grant from the Panhandle Public Health Foundation to purchase portable equipment that will enable a dental hygienist to apply sealants on children's permanent molars. The project will reach 600 children in the five northern counties.
- ◆ PHD with the North Idaho AIDS Coalition offered free Rapid HIV testing on World Aids Day.
- ◆ PHD nurses and nurse practitioners provided reproductive health care to 5,000 men and women.
- ◆ PHD's Child Care Resource Center referred 361 families to child care facilities. It enrolled 67 child care providers in the Idaho STARS Professional Development Registry, bringing the district's total to 384.
- ◆ PHD's Home Health staff provided 12,457 hours of skilled in-home nursing care to patients.



**PHD's Home Health** division launched its own therapy program. The PHD contracted therapists evaluate and treat patients of all ages in their homes. Physical, occupational and speech therapists establish therapy care plans, teach clients how to relieve pain and help restore function. The new therapy program has given PHD more quality control, effectiveness and direct contact with therapists.

**PHD's Women, Infant and Children's Program (WIC)** provided an average of 4,384 vouchers per month for nutritional supplements in the five northern counties. The redeemed vouchers for the year were worth **\$2,595,343**. Federal grants support the WIC program that PHD administers.

# Protecting Public Health

## How PHD maintained a competent public health workforce

In 2008, PHD staff participated in:

- ◆ 16 Public Health Preparedness trainings that lasted from three hours to three days each.
- ◆ 14 exercises designed to practice emergency response procedures.
- ◆ 870 hours of training for Family and Community Health staff in women's health, AIDS/HIV, smoking cessation, senior fitness, thyroid disorders and more.
- ◆ 275 hours of Home Health nurse training in wound care, diabetes, malnutrition and more.



Exercising emergency public information

## How PHD evaluated and improved programs and interventions



**PHD opened a new building** in St. Maries for Benewah County residents. The building is nearly twice the size of its predecessor, which allows better service delivery and shortens patient wait times. The \$2.6 million project was modeled after the Kootenai Inn and offers space and a backup generator for Benewah County's Emergency Operations Center. The new PHD office opened at the end of July.

**PHD's native plants and innovative stormwater** won highest honors for Landmark Landscape Architects from the Idaho/Montana chapter of the American Society of Landscape Architects. The award celebrates innovative and sustainable development and recognizes PHD's support of the concept of low-impact development. The largely self-sustaining site covers 6.7 acres in Hayden and serves as a model for all new developments in the five northern counties.



## How PHD contributed to the evidence-based practice of public health

**Fit and Fall Proof** strengthening and balance classes to prevent senior falls attracted about 400 participants and 52 volunteer instructors. The free classes were offered at 20 sites in the five northern counties. Results are so positive that PHD struggles to meet the demand.



PHD honored 30 **Senior Companions** who have helped seniors less fortunate than they are with simple chores for at least five years. PHD's 81 Senior Companions gave 64,064 hours to the program that enables frail seniors to stay in their own homes longer.

*"They're desperate for someone to talk to who understands. It's very rewarding."* **George Holcomb, Senior Companion**

# Public Health Snapshot

More than 70 communicable diseases are on Idaho's Reportable Disease list. Health care providers, lab workers and hospital administrators are required to report communicable diseases to their local health district within three days of diagnosis. Here's what was reported to PHD in 2008.

AIDS	5	HIV	8
Amebiasis	1	HTLVirus	1
Botulism	1	Lead Poisoning	44
Campylobacteriosis	12	Lyme Disease	1
Chlamydia	584	Malaria	1
Cryptosporidiosis	14	Meningitis	6
E.coli 0157:H7	2	Myocarditis, viral	1
E.coli non-0157	1	Norovirus	22
Encephalitis	1	Pertussis	7
Giardiasis	11	Rabies	3
Gonorrhea	37	Rocky Mountain Spotted Fever	1
Hepatitis A	3	Syphilis	1
Hepatitis B	13	Strep A invasive	1
Hepatitis C	105		

## What People Say About PHD

*"The two instructors made routine exercises fun and encouraged each class member. It was so successful that each of us has signed up for a future class."*

**Elaine Smith, Fit and Fall Proof participant**

*"PHD got me right in. They're amazing people."*

**Kristine Deem, breast cancer patient**



*"They treat me like one of the family. They work with my schedule and really make me feel good. I like to see them show up at my door."*

**Jim Payne, patient Panhandle Home Health**

## Panhandle Health District Offices

**Boundary County**  
(208)267-5558  
7402 Caribou  
Bonners Ferry, ID  
83805

[www.phd1.idaho.gov](http://www.phd1.idaho.gov)

**Bonner County**  
(208)263-5159  
1020 Michigan  
Sandpoint, ID  
83864

**Benewah County**  
(208)245-4556  
137 N. Eighth  
St. Maries, ID  
83861

[www.phd1.idaho.gov](http://www.phd1.idaho.gov)

**Kootenai County**  
(208)415-5100  
8500 N. Atlas Rd.  
Hayden, ID  
83835

**Shoshone County**  
(208)786-7474  
114 Riverside  
Kellogg, ID  
83837

[www.phd1.idaho.gov](http://www.phd1.idaho.gov)